

What You Don't Know And They Won't Tell You

Tobacco advertisements never tell the real story. There are over 4,000 chemicals in tobacco smoke, many of which are known to cause cancer in humans. Chemicals such as arsenic (rat poison), carbon monoxide (engine exhaust), ammonia (toilet bowl cleaner), butane (lighter fluid), formaldehyde (embalming fluid), benzene, & polonium 210 (radioactive element), are just a few of the many toxic chemicals present in tobacco smoke. Ammonia is also added to speed up the nicotine on its way to your brain. Every puff of cigarette smoke delivers a potent hit of chemicals to your brain.

Are "Light" Cigarettes Safer?

NO! Light cigarettes are not safer.



Lung cancer is the #1 cause of cancer deaths in both men and women.

People who smoke "light" cigarettes, with lower nicotine levels, often wind up smoking more to get their needed "hit" of nicotine. Tobacco brands that advertise "less carcinogens" still deliver significant amounts of cancer causing

chemicals and do not reduce the risk for disease.

If You Smoke And Want To Stop

WE CAN HELP!

If you want to stop smoking, we can help. Suffolk County Department of Health Services sponsors free smoking cessation classes throughout Suffolk County. Classes run 6 consecutive weeks with a reunion one month later. All Suffolk County residents are welcome. Pharmacotherapies are provided to those who are medically eligible.

For information about locations and time call:

631- 853 - 4017

Or visit our website at:

www.suffolkcountyny.gov



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Suffolk County Department of Health Services

Learn To Be Tobacco Free

Tobacco & The College Student

Choice or Addiction?



REAL FACTS... YOU NEED TO KNOW !

Making Choices

Making the choice as to whether or not you will begin to smoke is one that can profoundly affect your future. Those who do begin to smoke often do so without fully realizing the impact smoking will have on their health, and those around them. Most young adults who begin smoking do not believe they will become addicted and believe they will be able to quit within 5 years. The truth is, tobacco, which contains nicotine, is highly addictive. Once addicted to nicotine, it is very difficult to quit.



Tobacco marketing and slick advertisements targeting young adults, campus promotions and parties, free give-aways, special events, etc. all contribute to the Tobacco Industry's efforts to normalize and glamorize tobacco use. ***Don't surrender your future! Make the choice for your health.***

Tobacco Industry Marketing

Glamour, sophistication, fun, sexy looks, high adventure, independence, picture perfect hair, teeth, and body are all rolled into Big Tobacco's advertising strategy to attract and addict new, young smokers. Formerly



secret industry documents demonstrate their intentions to heighten and increase the social acceptability of smoking by showing people smoking in social situations. ***"Nicotine is addictive, we are then in the business of selling nicotine - an addictive drug."*** (Brown & Williamson Tobacco Co.)

The increase in tobacco use in movies on the big screen and television is also a major contributor to the process of normalization and glamorization of tobacco use. Women are selectively targeted by tobacco advertisements and are subsequently smoking in increasingly large numbers.

Tobacco ads never show the real physical effects that tobacco use causes on the body, such as premature wrinkling of the skin and gray hair, diseased gums, stained teeth and fingers, and an unmistakable personal odor of stale tobacco. Tobacco advertisements never represent the true picture.

The Addiction Is For Real

Trying tobacco, even just a few times, increases your risk for a life long addiction to nicotine. If the issue for you is choice, then you need to know ; ***if you choose to try tobacco and become addicted, you no longer have free choice.*** You will need to satisfy your addiction cravings by constantly re-dosing yourself with nicotine.

Tobacco Use Creates Serious Health Problems For Infants And Children

Aside from developing a variety of cancers, cardiovascular disease, and chronic lung disease, smoking can have a profound impact on the health of a pregnant mother and her unborn fetus. Nicotine goes directly



to the fetus. Low birth weight, miscarriage, and premature birth are known risks for pregnant women who smoke. The physical impact on a newborn is equally significant. Learning disabilities, vision & behavior problems, gastrointestinal disorders, and many more very serious health issues all point to the severe risks of smoking during pregnancy. Smoking increases the risk for Sudden Infant Death Syndrome (SIDS). Smoking also presents a significant risk of impotence for men who smoke.

What About Secondhand Smoke?

Secondhand smoke is a toxic mixture of over 4,000 chemicals, at least 60 of which are proven to cause cancer. ***Secondhand smoke causes cancer and other life threatening illnesses in people who don't smoke but who are exposed to it.*** Children who are exposed develop asthma, bronchitis, inner ear infections and perform lower on math, reading, and reasoning tests. Pets are also at serious risk.